

# Resilience and Perseverance

Aug 29 – 30, 2024

Venue: PIM, Lahore.

Rs. 31,000/=

## Course Description

Obstacles and setbacks can get in the way of your goals. Few things are as frustrating as watching your best-laid plans fall to pieces and go off track. To succeed, you must adapt, keep your focus, and get things back on track; and this requires resilience and perseverance. Some people cannot recover quickly after a tragedy, trauma, or stress and become even weaker after the experience. Being told by friends and family that you need to be strong and more resilient is often not enough. It is important to know how to get through all of that and regain stability. This course provides you with tools and techniques that you can use to manage obstacles and setbacks presented along your route to success. By showing you how to stay focused on your goal and proactively anticipate and plan for possible difficulties, this course helps you achieve your end goals using perseverance and resilience.

## LEARNING OUTCOMES

- Identify skills, habits, and behaviors that need to be learned
- Explore potential obstacles to success (such as lack of motivation, distractions, and lapses in self-confidence)
- Plan how to develop positive habits and behaviors

## WHO MUST ATTEND?

All managers and leaders who want to deal with the work pressure and rebound to full potential methodically and professionally.

## COURSE CONTENTS:

- Adversity and your best
- Leading from Adversity
- Turning Adversity into Greatness
- Persevere through Desire
- Resilience when things are tough
- How to become more resilient
- Building Resilience and Adaptability
- The Neuroscience of Leadership Resilience
- The Golden Rule of Resilience
- Navigating through Uncertainty with Confidence and Resilience

## **FOR DETAILS AND REGISTRATION**

**PIM, Lahore: Management House, 70-B/2, Gulberg III, Lahore 54600.**

**Voice Dir: (+9242) 9926 3137**

**Mobile: 0300-8840880, 0332-4353820 E-Mail: [pimlhe@pim.com.pk](mailto:pimlhe@pim.com.pk)**